

IPMBA POLICE CYCLIST COURSE FACT SHEET

Kennewick Police Department

211 W. 6th Ave

Kennewick, Wa. 99336

June 18 – 22, 2012

0800 - 1700

Length 40 hours excluding meals and breaks

Lectures •

- Basic Nutrition
- Basic Physical Fitness
- Bicycle Maintenance and Repairs
- Bicycles
- Clothing and Personal Protective Equipment
- Cycling at Night
- Firearms Training
- Fundamental Cycling Skills and Vehicular Cycling
- Hazards and Crashes
- On-Bike Equipment
- Patrol Equipment
- Patrol Procedures and Tactics

Scenarios

- Burglary-in-Progress
- Emotionally Disturbed Person
- Terry Stop of Suspicious Person (Non-Arrest)
- Traffic Stop (Moving Violation)

Skills Practiced

- ABC Quick Check
- Bike Fit
- Braking Techniques
- Crossover Dismounts
- Curb and Stair Ascents and Descents
- Rear Tire Change
- Road Ride
- Rock Dodge
- Shifting and Gear Use
- Slow Speed and Balance
- Sprinting
- Stair Carry
- Toe Clips

*Please be prepared to ride several miles each day of class. The majority of the class will be conducted outdoors rain or shine.

Registration; Contact Duane Kist Training Officer 509-582-1358

duane.kist@ci.kennewick.wa.us

**Training is “Free” of charge Traffic Officer Lee Cooper is IPMBA Certified Instructor.
Class is limited to 10 students.**

Attendees are responsible for all meals & lodging.